

# WELLNESS POLICY

For all public schools (as of July 2011)

**A Healthy Snack has...**

- Calories:** Equal or less than 200 calories
- Total Fat:** Equal or less than 8 grams
- Saturated Fat:** Equal or less than 2 grams
- Trans Fat:** ZERO
- Sodium:** Equal or less than 200 mg
- Dietary Fiber:** Equal or more than 2 grams
- Sugar:** Equal or less than 8 grams
- Sugar should not be listed as the first ingredient on the nutrition label.**

**Snacks/ treats/party food without nutrition labels or not meeting the “Healthy Snack” requirements will not be distributed in classrooms or school.**



*(Most baked goods are unacceptable)*

**Let's help our ohana have a healthy year!**

Acceptable	Unacceptable	Alternatives to Food
Pretzels Baked chips 100 Calorie Snack Packs Popcorn String cheese Fresh fruit Fruit cups* Frozen yogurt* Granola bars* Yogurt* Jell-O* Pudding* Juice* Dried fruit*	Homemade Baked goods Cupcakes Cake Cookies Brownies Pies Ice Cream	Pencils Erasers Bookmarks Trinkets (stickers, stamps,) Classroom board games Library Birthday Book Club donation Jump Ropes

**\*Items still need to meet Wellness guidelines or they will not be distributed  
 Questions? Please call the office 483-7250**